

# trio



The Port Isaac, Port Gaverne  
& Trelights Newsletter  
April 2019 No: 404 60p





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Cover Photo: Jenny Balfour-Paul - thank you

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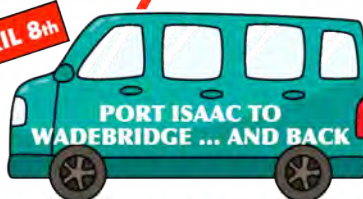
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The publisher does not necessarily hold the same views as those expressed by contributors and reserves the right to refuse or alter material supplied.

Another new Community Service to make your life in Port Isaac that little bit better ...

## The Port Isaac Community Taxi Service

STARTS APRIL 8th



Need to go to Wadebridge? The bus not convenient?

**Why not use the new Community Taxi?**

supplied by Wadebridge Taxis

This door-to-door taxi service, funded by the Doc Martin Fund, will operate every Monday morning and is open to everyone. **Cost: £5 per person**

How it works:

- The Community Taxi will collect you from your home, starting at 10am and drive you to Wadebridge.
- You will then have until 12.30pm to do all you have to do in Wadebridge before returning to a designated pick-up point.
- The Community Taxi will then deliver you back to your front door.

What you need to do:

- Register on the scheme straight away by calling Yvonne on **01208 880705 or 07411 766613**. You will be given a registration number.
- When you want to go to Wadebridge, call Yvonne by no later than 4pm on Friday evening to reserve your seat for the following Monday, on **01208 880705/07411 766613**, giving her your registration number.
- Be ready to be picked up at 10am on the Monday morning - pick ups will start at 10am. Pay the driver £5 and then go and do your shopping.

The Doc Martin Fund are subsidising this scheme. It will be a case of use it or lose it! We'll give it a six month trial. Places in the taxi will be on a first-come, first-served basis and the taxi can only take eight people.

## The Trio Easter Chick Hunt

There are twelve Easter bunnies hidden in the Trio Directory pages. If you are under 10 years old, find them all, write down the ad name and your name, age and phone number and drop into Secrets before Good Friday, April 19th and you might be one of the lucky first three entries opened and win yourself another Easter egg.



## New Spring exhibition Open daily

Exciting plans in hand for the summer



**The Golden Lion**  
Port Isaac

### Job Vacancies

**Experienced Full Time Chef**

**Seasonal Chef -  
£11 per hour**

**Seasonal & Full Time  
Front of House**

In return for your hard work, commitment and high standards you will receive a competitive rate of pay (*details on application and rate depending on experience & availability*)

% share of gratuities, flexible hours, company discount, holiday pay and a pension

Email CV's to:  
 info@thegoldenlionportisaac.co.uk  
 or call Beth or Marc on:  
 01208 880336

## CLASSIFIEDS

**3-seater settee needs a new home**  
 plus matching armchair  
 Colour: Russett  
 (sort of terracotta/red)  
 Good condition  
 also a spare set of covers

To view please call Peter Larkin on  
**01872 859328**  
*Donation to RNLI if you wish*

FOR SALE

### 2 X PICNIC FOLD UP CHAIRS

(green canvas with drink holder pouches), in carrying holders, hardly used **£30 ono**

### 2 x HALLWAY RUNNERS

one is waterproof plastic and the other green & white patterned, great for dirty dogs and feet, to save your carpet **£20 ono**

### 1 x GARDEN SEAT

4-wheeled and seat unused, still in wrapping with instructions, needs assembling **£30 ono**

I assure you all of these items are in good condition - Please ring me,  
**Annie Price on 880660**



# CAMERA ... LIGHTS ... ACTION ...

The proposed Doc Martin filming schedule for April and early May is:

**1st April** – Slipway (1200-1230), Roscarrock Hill, Middle Street, Fish Cellars. (1300-1700)

**4th April** – Roscarrock Hill, Beach (1130-1530), The Golden Lion.

**8th & 9th April** – Old School Hotel.

**15th, 16th & 17th April** – Dolphin Street, Middle Street (0830-0930 on the 17th).

**26th April** – Beach & Platt.

**1st, 2nd & 3rd May** – Buttermilk Fudge Shop, The Slipway, Rose Hill (1400-1900 on the 3rd)

*please note that these dates may change*

Any questions contact Ellie Parsons on 07769 344 924, email: elleparsons@gmail.com



## EASTER PRIZE BINGO!

Wednesday 3<sup>rd</sup> April  
At Poldark Inn,  
Delabole.

Lots of amazing prizes  
to be won by all the  
family.  
*All Welcome*



*Doors open at 6.30*  
*Eyes down at 7.30*

# PORT ISAAC CARNIVAL EASTER SUNDAY APRIL 21<sup>st</sup>

# TREASURE HUNT

**YUMMY PRIZES**

Head on  
down to  
The Mote  
for your  
Treasure Hunt  
clues and to have  
a go on the  
Lucky Dip

**Fun starts  
at 12noon**

To be in with a  
chance of winning the £100  
cash prize pick your duck numbers  
on the day or choose at Nicki B's  
during the week before

# Duck Race

down the Leat to the Beach

RAISING MONEY FOR PORT ISAAC CARNIVAL on SATURDAY AUGUST 31<sup>st</sup>



## Our stars of the silver screen at the film premiere

The Fisherman's Friends will be singing  
on the Platt this summer on the  
following dates, 7.30pmish start

FRIDAY 31 <sup>st</sup> MAY	FRIDAY 14 <sup>th</sup> JUNE
FRIDAY 12 <sup>th</sup> JULY	FRIDAY 26 <sup>th</sup> JULY
FRIDAY 9 <sup>th</sup> AUGUST	

## Trelights Chapel CELEBRATION OF HYMNS

evening of praise, supper and  
fellowship

come and join in singing favourite  
hymns through the ages, from  
Sankey to Wesley

**FRIDAY APRIL 5<sup>th</sup> at 7pm**

PROCEEDS TOWARDS CHAPEL  
REFURBISHMENT FUND



# S.O.S. Port Isaac Village Hall we're on a roll ...

## A huge thank you

to the following businesses and organisations who are supporting us:

**B&Q, St Austell**  
**Bodmin Flooring**  
**Bodmin Concrete Products**  
**Doc Martin Fund**  
**Fisherman's Friends**  
**Jewsons**  
**Norman Family Trust**  
**Plumbase Travis Perkins**  
**Western Supplies**  
plus **the Port Isaac Co-op**

Some amazing news ... we have had enough donations to replace our hall chairs! Yes, all 120 of them. They have been ordered and will be arriving mid May. How good is that! Thank you everyone who has donated. And if you want any of the old chairs they are available at £1 each ... let us know.

If you've been meaning to, but not got round to it, and would still like to make a donation to something to sit on, we are looking to renew our benches in the garden ...

Lots of little jobs are getting finished, things you might not notice but that will make your visit to the Hall a better experience. The entrance hall is carpeted, there are curtains to keep the draughts out at all the entrances, the chair store has been painted ... Work is ongoing on the drains.

And our list of heroes continues to grow ... SAM EAVES, JOHNNY Mc and JOHN SALISBURY join NIGEL ANDREWS, SHARON BATTERSBY, LEWIS BISHOP, TOM BROWN, JEREMY BROWN, ALAN DAVIES, ANDY HALLAM, BERTIE HERRTAGE, ANDY O'BRIEN, JOHN SPROULL & MARTIN THOMAS

If you can spare any time to help you would be welcomed with open arms! Give Liz Brown a call on 01208 880739. You'll get fed well!

## A huge thank you to

**THE NORMAN FAMILY CHARITABLE TRUST**  
based in Devon for their generous donation of £500

## other ways you can help

### **DONATE TOWARDS A BENCH**

FOR THE GARDEN -  
any amount, big or small,  
gratefully accepted -  
same details as below  
except ref is Bench

### **MAKE A DONATION**

You can make an online  
donation

**HSBC Bank Sort code:**  
**40-45-10 Account No:**  
**71020447 Ref: Donation**  
or give a cheque to any  
committee member or send to  
**The Treasurer,**  
**Port Isaac Village Hall,**  
**c/o 3 Trewetha Lane, Port**  
**Isaac, Cornwall PL29 3RN**  
or drop into Secrets, Port Isaac

## **THE CO-OP BOOKSHELF**

And a final "don't forget" - the used bookshelf in the Co-op supports the Hall and the Playgroup. If you have any books to donate just take them up to the Co-op and put them on the book shelves - they are near the cash point.

## **RAISE FUNDS FOR PORT ISAAC VILLAGE HALL WHEN SHOPPING IN THE CO-OP ...**



**Together we can make  
great things happen**

## **PORT ISAAC VILLAGE HALL**

*everybody  
welcome*

## **AGM**

**Tuesday April 9<sup>th</sup> at 5.30pm in the Hall**

A vertical poster for the 'Give as you Live' campaign. At the top left is a small drawing of the village hall. At the top right is a heart icon with a shopping cart inside. The main text says 'Raise FREE funds for us every time you shop online!'. Below this is a red box with white text: 'THIS REALLY WORKS ... THE PAPER TRIO IS PRINTED ON RAISES FUNDS FOR THE HALL ... GIVE IT A GO ...'. Underneath is the website 'www.giveasyoulive.com/join/port-isaac-village-hall'. Further down, it says 'Simply visit the above link and raise FREE funds for us every time you shop online via Give as you Live!'. Below that, it says 'Raise FREE funds through Give as you Live at over 4,000 top online stores'. At the bottom, there is a banner with logos for various stores: M&amp;S, Booking.com, John Lewis, Argos, Debenhams, ebay, House of Fraser, and amazon.co.uk.

# Crowdfunding Campaign for our Hall **JUNE LAUNCH**



This summer, we are launching Port Isaac's very first online crowdfunding campaign in aid of our Village Hall. The Hall is a focal part of our community and we are working hard to make it the best hall possible for everyone who uses it and preserve it for future generations to come.

## **THE HALL NEEDS OUR HELP!**

If you're a Port Isaac resident, a second home owner or a happy visitor, we'd like to invite you all to join us

**PORT ISAAC IS AN INCREDIBLY SPECIAL PLACE AND WE'D LIKE TO CELEBRATE THAT**

### How can you help?

If you'd like to donate and support us there are details on the opposite page

Stay tuned for June - we'll be launching our online crowdfunding campaign and offering a range of rewards - watch this space

Please email us at [triopi@mac.com](mailto:triopi@mac.com) to register your interest (you'll get the first peak at our rewards and crowdfunding video)

We can't wait to show you what's in store!



OUR BIG 2019 FUNDRAISER

**September 6th-8th**

## **THE PORT ISAAC SHANTY FESTIVAL**

An amazing weekend of shanty singing is planned throughout the village at various venues opening with a Gala Shanty Night on Friday September 6th in the Village Hall with our very own Fisherman's Friends - tickets to be released soon.

**WATCH THIS SPACE**



**PORT ISAAC  
VILLAGE HALL**

**EASTER TUESDAY  
APRIL 23rd**



**CASH PRIZE**

**BINGO**

**EYES  
DOWN  
7.30pm**



# An early Easter message

'Early, on the first day of the week,  
**while it was still dark,**  
Mary Magdalene came to the tomb' ...  
while it was still dark

- a reminder that Resurrection comes, not, as the saying is 'out of a clear blue sky' but out of **darkness**; out of the darkness of the night; out of the darkness of despair, out of the darkness of sorrow, abandonment, pain and grief. And even more astonishingly, resurrection comes out of the darkness of death.

We've only to look at Easter cards to see that Easter is most often illustrated as a festival of the morning - with bright sunshine, flowers and lambs frolicking - and there's nothing wrong with this, for the visible return of Spring raises all our spirits. But we need also to be aware that the natural symbolism of Spring may so dominate the Easter celebrations that the Easter message may lose its radical character, its cutting edge .

For the reality we experience in the natural world is death and decay - while Easter proclaims the opposite. Out of desolation and despair, out of wickedness and cruelty, out of the anguish and agony of the cross comes victory. In raising Christ from the dead, God has done a totally new thing, has performed an act of new Creation.

Here indeed is good news and especially today for those who are experiencing illness, pain and sorrow; those of our sisters and brothers who are at this moment being nailed to the cross in places of famine, conflict and natural disaster in our world. It's good news for those who are mourning the death of dear ones, whether of lives cut short by illness or combat; it's good news for all who are experiencing human cruelty, oppression and injustice.

For the God of Easter is the God who shares in human suffering, who in Christ Jesus has drunk to the full the cup of suffering and drained it to its dregs. Good news indeed!

*Judith Pollinger*

## Parish Retreat

This year's Parish Retreat will be held at Treworra Barton, Davidstow from Tuesday April 30th to Thursday May 2nd. The theme is 'Christian Living and Dying'. You are welcome to stay one or both nights or to just come for a day or a morning or afternoon. Further details and the programme available from Judith on 01208 880181.

## ST PETER'S CHURCH

St Peter's, our simple seaside church, is open to everyone, every day until about 4pm.

We have a service every Sunday morning at 9.30am to which you will be warmly welcomed.

You will also find our Church is a lovely quiet place to just sit and reflect and be peaceful.

The Church is also home to PISCES (*Port Isaac Shared Community Exhibition Space*)

**Dr Rowan Williams will be preaching on  
Sunday April 28th in St Peter's Church at  
9.30am and in St Endellion Church at 11am**



## Church Diary Dates

### Sunday April 7th

9.30am: Morning Worship,  
St Peter's Church, Port Isaac  
11am: Sung Eucharist, St Endellion Church

### Palm Sunday April 14th

9.30am: Holy Communion,  
St Peter's Church, Port Isaac  
11am: Sung Eucharist, St Endellion Church  
4.30pm: Festival Evensong, St Endellion Church

### Tuesday April 16th

8am: Holy Communion, St Endellion Church

### Maundy Thursday April 18th

7pm: Holy Communion & Vigil,  
St Peter's Church, Port Isaac

### Good Friday April 19th

12noon: Service of Three Hours  
St Endellion Church

### Easter Sunday April 21st

11am: Holy Communion,  
St Peter's Church, Port Isaac  
11am: Sung Eucharist, St Endellion Church

### Sunday April 28th

9.30am: Holy Communion,  
St Peter's Church, Port Isaac  
11am: Sung Eucharist, St Endellion Church

## REFLECTIVE DAYS

**Saturday April 6th, 10am-3pm,  
St Endellion Church**

**New Life-Old Life led by  
Brian Tregunna**

A chance to learn about and practise a range of important skills in the popular self help coaching book 'A Life Now Worth Living' by Ashley Gordon and Brian Tregunna.

**Cost £10. Bring picnic lunch.**

**Saturday April 27th, 10am-3pm,  
St Endellion Church**

**'Poetry in the Making' led by  
Dr Rowan Williams**

How do poets actually work? What is it that makes poetry what it is? In this reflective day, Rowan Williams will look at the work of three 20th century poets as well as speaking about his own work, to explore what is going on in the actual writing of poetry.

**Cost £12. Bring picnic lunch.**

Contact Judith Pollinger on 880181 to book places on either of these Reflective Days.

St Endellion with St Peter's, Port Isaac  
**The Annual Parochial Church meeting**  
Wednesday April 10th, St Endellion Church, 7pm



**Do you SING, ACT, like to DANCE?**

**MJUK Music & Arts**  
invite you to create in a week

**THE GREATEST SHOW**

GREAT FUN AND SUITABLE FOR ALL AGES 7-18 years

featuring songs from the popular musicals including *The Greatest Showman*

**Come to our Taster Day**  
**Monday May 27<sup>th</sup> at St Minver School**

Rehearsal week prior to performances:  
Monday August 26<sup>th</sup> - Friday August 30<sup>th</sup>  
Performances in Wadebridge Town Hall:  
Saturday August 31<sup>st</sup>

To enrol on this great experience or find out more, please contact  
[singingworkshops@hotmail.com](mailto:singingworkshops@hotmail.com)  
or phone Julia Treglown on 07815 987172

The CHRIS TREGLOWN Foundation Fund

## Bernard Gladwin

Bernard, my husband and best friend for 58 years, passed away in hospital on Sunday March 24<sup>th</sup>. Toni and I were with him.



It's at times like this when you realise just what loving family and friends you have. Thank you all.

*Shirley*

*(a full obituary will be in the May issue of Trio)*

## RNLI DATES FOR YOUR DIARY



**AGM in the Village Hall**  
Thursday April 4<sup>th</sup> - 7.30pm

**Lifeboat Summer Service on the Platt**  
Sunday June 9<sup>th</sup>

**Lifeboat Larks on the Platt**  
Sunday August 18<sup>th</sup>





## Planning Applications

Members considered these planning applications and made the following responses to Cornwall Council:

1. PA18/09791, Gwel Arvor, Tintagel Terrace, Port Isaac – reserved matters application (access, appearance, landscaping, layout and scale) following outline approval PA17/09691 for demolition of existing dwelling and replace with two dwellings.

Revised plans had been received, but Members did not find them to be an improvement. The pitched roof addition on top of the original design in response to the PC comment, only serves to increase the height bulk and scale of a design already at odds with its context. The twin houses impact on the neighbour in terms of loss of privacy and amenity are not addressed by the changes. It was RESOLVED to maintain the previous OBJECTIONS, namely: Members are in agreement with the opinion of the AONB officer, that the proposal would do harm to the character of the area.

Members urged CC to refuse this proposal with ref to NPPF para 12 Achieving well designed places.

Our emerging NDP, having satisfied SEA screening is in preparation for Reg 14. For information Policy 5H of our NDP for Character Area/ Tintagel Terrace, seeks to protect the residential harmony of the area and cautions developments should:

- ♣ Recognising the value of the roofscape in this Character Area to the general settlement form in views from the surrounding landscape.
- ♣ Ensuring any new development or redevelopment within the area accords with the existing building lines, ridge heights and roofscape.
- ♣ The appropriate use of materials suitable for an exposed marine environment and the sensitive and sympathetic use of colour in building finishes.

2. PA19/01018, 49 Fore Street, Port Isaac – removal of chimney and replace with wood burner stove flue. Members had no objection but requested a condition that the flue is black rather than silver to match the neighbour's flue, in consideration of the Conservation Area.
3. PA19/01309, 7 Tintagel Terrace, Port Isaac – construction of a detached two storey single family dwelling with parking provision to the rear (all on a plot where a detached dormer bungalow and detached garage, used as a studio, has recently been demolished) with variation of condition 2 in respect of decision PA17/00575 dated 07.04.17 to amend approved plans to change design. On the basis of the information provided Members OBJECT because the and scale and bulk is overwhelming on a tight plot and will causing loss of light and amenity to the neighbours. In addition the proposal would cause harm to the street scene.

Members urged CC to refuse this proposal with ref to NPPF para 12 Achieving well designed places.

Our emerging Neighbourhood Development Plan (NDP), having satisfied SEA screening is in preparation for Reg 14. For information Policy 5H of our emerging NDP for Character Area/ Tintagel Terrace, seeks to protect the residential harmony of the area and cautions developments should:

- ♣ Recognising the value of the roofscape in this Character Area to the general settlement form in views from the surrounding landscape.
- ♣ Ensuring any new development or redevelopment within the area accords with the existing building lines, ridge heights and roofscape.
- ♣ The appropriate use of materials suitable for an exposed marine environment and the sensitive and sympathetic use of colour in building finishes.

Members are prepared to re re-evaluate their decision if elevations with comparative rooflines are supplied. The plans as seen did not offer any comparison

4. PA19/0146, 5 Roscarrock Hill, Port Isaac – proposed partial demolition, extension, renovation, remodelling and structural repairs. Members supported the application.
5. PA19/0146, 5 Roscarrock Hill, Port Isaac – LBC for proposed partial

demolition, extension, renovation, remodelling and structural repairs. Members supported the application, but one member had concern reference the use of stainless steel and rope as a visual detractor in the garden.

6. PA19/01463, 30 New Road, Port Isaac – formation of new vehicular access with turntable. Members objected on the grounds this is an unresolved junction; if permitted, vehicles would emerge the wrong way onto a one-way street, with no pedestrian pavement and compromised views in all directions because of the volume of traffic, waiting coaches and turning buses. The proposal also involves vehicles crossing a right of way and pedestrian pavement.

## Planning Applications Approved by CC – info only.

1. PA18/11604, Flat 5, 19 The Terrace, Port Isaac – replacement side extension and internal alterations.
2. PA18/12085, Sunnycroft, Trelights – ground and first floor extensions with demolition of the existing sun lounge and outbuilding.
3. PA18/11687, 1 Brooklands View, Port Isaac – erection of garage workshops including MoT testing station and erection of artisan workshops/stores (Use Classes B1/B2/B8), formation of access and installation of package sewage treatment plant with variation of condition 2 in respect of decision PA13/09246 dated 04.12.13 to amend approved plans.
4. PA18/09983, Meadow Stile, Trewetha Lane, Port Isaac – repair/replace 30-metre stone boundary wall on South East side of Meadow Stile Lane.
5. PA18/10784, 76a Fore Street, Port Isaac – variation of Condition 1 of Planning Application No. PA12/00231 (dated 5th April 2012) to allow the shop to open until 10pm and to allow the shop to remain open on Friday and Saturday nights only from the end of October until the Thursday before Easter with no seats/tables outside.

## Road Safety Issues

Members held a site meeting a representative from Highways to discuss various Road Safety issues in the parish, with the following outcomes:

1. 20mph Speed Limit / Signs – the provision of a 30mph speed restriction through Port Gaverne was discussed but Port Gaverne doesn't meet the current criteria.
2. Bus Stop – the existing bus stop is a designated bus limited waiting bay and should be displaying appropriate signage. He had asked that a new larger or additional sign is installed as per the example provided which will then clearly highlight its use and then can become enforceable if ignored. He had asked that the signs are ordered as a priority, along with the additional One Way signage for Fore Street.

Cllr. Penny said that coaches should be able to use the bus stop as a dropping off point.

3. Existing 'SLOW' markings – need to be repainted and new ones installed, in all areas, i.e. Trewetha, Trelights and at Port Isaac. Mr Jones confirmed the Highway

*continued on page 10*





April 13<sup>th</sup>– 21<sup>st</sup> 2019

Endellion Easter Music Festival

46th St

St ENDELLION *festivals*



## The Easter Festival will start on April 13<sup>th</sup> with a Come and Sing the Duruflé Requiem

For nine days there will be the opportunity to enjoy the rich mix of choral and orchestral and chamber music that characterises the wonderful St Endellion Music Festivals. Particular features will be the world première of Oliver Tarney's St Mark Passion and inspiring renditions of Mozart's C Minor Mass and Shostakovich's 9th Symphony under the batons of David Watkin and Adam Hickox.

## Art Talk & Trip

Tuesday April 16<sup>th</sup>



### Trip to Newlyn Penlee House & Museum

meet 10am at the Co-op - please contact Caroline Cleave  
on 07966 501156 to reserve a seat on the minibus

To include an introductory talk about the famous Newlyn School of Painters plus  
the chance to see the recent Spring exhibition on 'Artists by themselves'

*There will be time for lunch and a browse in Penzance*

### PORT ISAAC LIFEBOAT APPEAL



2019  
VIRGIN  
LONDON  
MARATHON



**GUESS THE  
COMBINED TIME OF  
THE PORT ISAAC  
RNLI TEAM**

(there are six runners in the team; if there is a non finisher or two,  
the slowest time will be multiplied)

**WINNING PRIZE FOR THE NEAREST TIME  
IS A MEAL FOR FOUR AT  
NATHAN OUTLAW'S FISH KITCHEN  
£2.50 A GUESS**

Entry is either through our JustGiving.com site (don't forget  
to state time and leave contact details) or entry forms  
available from various businesses in the village



# Parish Council Notice Board in the new car park

## You can advertise your business/B&B/ holiday let here

A5 advert - £50 per year  
A4 advert - £100 per year

Contact Cheryl on  
01208 880802 to reserve  
a space on the board

LAMINATED ADS CAN  
BE PRODUCED FROM  
YOUR ARTWORK

or COPY - £10 A5 size,  
£15 A4 size

contact Dee on 01208 880862

## COMMUNITY LUNCHES

Summer Community Lunch -  
Thursday June 27th

Autumn Community Lunch -  
Saturday October 12th  
after the Fish PI competition

Christmas Community Lunch -  
Monday December 16th  
in the Grotto

Port Isaac Illuminations  
are holding a  
**GRAND AUCTION**  
@ **THE SLIPWAY**  
on  
**SUNDAY JUNE 23<sup>rd</sup>**  
**at 3pm**

For news about Rock, Polzeath, St  
Minver, Trebetherick & Wadebridge  
follow this link [www.stminverlink.org](http://www.stminverlink.org)

## Popular Chorale Concert in Camelford

Everything compounded against the Port Isaac Chorale's concert on the evening of Saturday March 16th at the Camelford Methodist Church.

The weather was atrocious; as Janet Townsend opened the concert she thanked the audience for turning out on such an awful night and admitted that she was sure everyone would have preferred to stay at home by the fire!

The England Scotland Six Nations rugby match was in full swing so most of the choir and audience had to leave their televisions before the final whistle. One choir member lives near Camelford so was able to update everyone on the final score just in time.

The concert, held in aid of the 100th anniversary of Save The Children, got off to a rousing start with the ever popular version of Sing A Song of Sixpence in the style of Handel. It certainly made the audience realise that the Chorale were in fine voice and they had a thoroughly enjoyable evening ahead.

Janet Townsend had put together a varied and interesting programme ranging from an archetypal English choral piece, Linden Lea, to the more rousing Rhythm of Life. The Chorale also performed two newer pieces which are proving very popular with audiences (and the choir enjoy singing them!). A Flower Remembered, written by John Rutter in memory of the Japanese earthquake and tsunami in 2011, and Homeward Bound, not the Simon & Garfunkel song, but an American choral piece which is supposed to reflect the journey made by many young college students as they go out into the world, only to return many years later. The Chorale feel that Homeward Bound reflects the journey of many of our local young people who go away for university or work but always plan to return. The Chorale were very fortunate to have two superb young local soloists who both performed at the concert. Caleb Blackburn expertly played two contrasting piano pieces and his sister Tammy entertained the audience (and the choir!) with her beautiful playing of the cello, accompanied by her brother.

The concert concluded with another Handel inspired nursery rhyme. This time it was Old Mother Hubbard which made a light hearted end to a very successful concert which was followed by a substantial and delicious tea and hospitality, provided by the Methodist Church.

Morwenna Vernon

continued from page 8

Steward will be putting a lining package of works together for the entry into Port Isaac on the B3267, this will include the installation of a new SLOW marking as discussed on site.

4. Other White Lining – the 30mph on the road at the entrance to Port Isaac is completely obliterated as is the sign warning of the school and all the white lining in the parish needs renewing.
5. Car Park Sign – Mr Jones said new car park signage, incorporating the WC marking, will also be ordered and attached to the existing sign post and the warning signs that were obscured by growth adjacent to Hillson Close had since been trimmed back.
6. Trelights Highway Issues – a copy of the paper from Cllr. Kirkman had been provided to Mr Jones, who had been in agreement with the proposals. Ms Rapier had been asked to include this proposal in the Network RTO. The Clerk to seek an update from both officers.

Hydroseeding Contract  
Members have awarded a contract to RMB Hydroseeding to hydroseed the area around the new public toilet block at a cost of £608+VAT.

Cleaning Contract  
Cormac Solutions Ltd. have been awarded the contract to clean the three public convenience blocks in Port Isaac (i.e. Roscarrock, New Road and the new block at The Main car park). The cost of which will be £17,340.25+VAT for 2019/20.

Catering Kiosk Lease  
Members accepted the application from Ms Teri-Louise Fulton and Mr Josh Grills on a rental of £5,000 p.a. We wish them well in their new enterprise operating from the new catering kiosk adjoining The Main car park toilet block.

Meeting Dates  
Meetings are normally held on the second and fourth Monday of each month, commencing at 7pm at Port Isaac School. Members of the public are welcome to attend. Please check our website for more



Gillian Thompson  
Parish Clerk / RFO  
[stendellionpc@gmail.com](mailto:stendellionpc@gmail.com)  
Website: [www.stendellionpc.org](http://www.stendellionpc.org)





## HIGH SHERIFF DONATES TO RNLI

The High Sheriff of Cornwall, Paul Young-Jamieson has been visiting stations around Cornwall as part of his wish to thank the volunteer crews and present a cheque to each station before his term of offices ends.

Volunteer crew and committee gathered at Port Isaac lifeboat station to receive the cheque for £500 with a further £120 being donated to the Port Isaac RNLI team who are running the London Marathon this year. Lifeboat Operations Manager, Chris Bolton and Chairman Bob Bulgin gave the High Sherriff a talk on the history of the station and the lifeboat. serving the counties of England and Wales each year.



A cheque for £2,500 was presented by Outlaw's Fish Kitchen, on behalf of their customers, to the team of Port Isaac RNLI Marathon Runners that are running as part of the official RNLI entry for the 2019 Virgin London Marathon.

Their aim is to raise funds for the running and support, premises and crew training associated with the new D Class Lifeboat, due to come into service in September of this year,



The Port Isaac Fundraising Committee would like to thank the directors of Wovina in Bodmin who have created and donated Special Edition Caps and Hoodies carrying exclusive designed logos in support of our Port Isaac RNLI London Marathon team. Keep an eye out for them training in and around the village!



## THE REAL RNLI LIFESAVERS

In a key scene in the Fisherman's Friends film, several of the band get called away from one of the most important gigs of their lives as their pagers beep and they drop everything to launch the lifeboat and go to the aid of people in danger in the sea – just like our real RNLI crew members do.

In total, five members of the original Fisherman's Friends band were RNLI volunteers, with sons of three of the band members following in their fathers' footsteps. George Cleave and Tom Brown, whose fathers are Fisherman's Friends singers, Jon Cleave and Jeremy Brown, are both proud lifeboat crew members here at Port Isaac Lifeboat Station.

George, who is 28 years old and runs his own business out of the Cornish town's fish cellars, said: 'As a young person in a small community like Port Isaac, there comes a point when, if you're going to stay in the village, it's time to join the lifeboat crew. Especially working and living so close to the station it is expected that you will be part of the team.'

'But I love it. I love giving something back to our community and helping people. Most of the crew grew up in or around Port Isaac and we spent our weekends and holidays fishing or exploring the coastline, so we know it like the back of our hands. To be able to use this knowledge and the RNLI training to help people is why we do it.'

Fisherman and Harbourmaster Tom, 30, continued: 'We're a small station covering one of the biggest patches along the exposed North Cornwall coast where there is no shelter from the elements. The types of incidents we go to are varied, we have a lot of holiday makers who get into trouble, coasteerers, anglers and dog walkers. We are often someone's last lifeline and its amazing to know that we've played a part in that.'

'We get called out at all times, often in the middle of the night. It's a huge adrenaline rush when you get woken up by the pager. As well as training and launching together, we're often at the same events or weddings and its just part of what comes with being on the crew that we might have to leave when the pager beeps.'

'It's great to see our dads enjoying success with the Fisherman's Friends. They've always been singing, so it can be quite strange at times to hear them on the radio or see them on the TV, but when they get back to the village they are just the same, nagging us about the boat or something or other.'



## Scott Mann's update from Parliament

With Members of Parliament in the spotlight and the news filled with Brexit stories, the last few weeks in parliament have continued to be both challenging and tough. At the time of writing the biggest issue of Brexit is regrettably no closer to a conclusion but I am still positive that the deadlock can be broken, and a positive conclusion can be reached.

With spring upon us Cornwall is warming up and it is now time for all to embrace that Cornish sunshine. Padstow, like many North Cornwall towns, regularly receives a lot of tourism in the spring with many people coming to visit the world-famous locations and popular Cornish beaches. It is, however, important for many to know the risks of walking on the cliffs in North Cornwall; especially with dogs that are off the lead. Many rescues have occurred in previous months regarding our poor canine friends tragically falling off cliffs, many due to not being on leads. Only in February did poor Issey, a springer-doodle, fall eighty feet off a cliff in Trevone Round Hole; luckily the dog survived with superficial injuries. I urge all to ensure that when walking their dogs around the beautiful coastal areas that they take necessary precautions to guarantee the safety of both pets, and owners, alike.

I have also been busy working on some of the initiatives which I hope to bring to North Cornwall. Recently, and after taking part in the parliamentary debate on autism, I had a meeting with the National Autistic Society Cornwall. They have kindly offered to give my staff and I a training session in autism awareness, and I'm hoping we can make Bodmin Cornwall's first autistic-friendly town. Businesses and shops which sign up would turn down music and dim lights to support autistic customers for a period each week.

The coast is close to my heart and I am very keen to see my Bathing Waters Bill included in the wider Environment Bill, which will set the benchmark for our environmental and water quality standards after Brexit. With that in mind, I jumped at the chance to take part in a community beach clean at Sandymouth Beach in Bude. The event was hosted by the Pennon Group as part of the 'Great British Spring Clean' campaign organised by Keep Britain Tidy in partnership with the Daily Mail. Other clean up events took place across North Cornwall and I very much enjoyed seeing the pictures posted online.

Finally, I am proud to be one of 41 MPs who have written to Ofcom, on behalf of the all-Party Parliamentary Group on Rural business, to highlight the need for annual monitoring of mobile operators' commitments on increasing rural 4G mobile coverage. Ofcom have recently made moves to maximise 4G coverage across the country including here in North Cornwall. Having more access to 4G across North Cornwall is firmly in everyone's interest with greater coverage allowing for better communication access for both constituents and local businesses alike. I know how important this is for many of my constituents and we continue to fight for better coverage.

[www.scottmann.org.uk](http://www.scottmann.org.uk)



## Volunteering with Cornwall Samaritans

In an old Victorian house in Truro the phone rings three times. A volunteer picks it up. "Samaritans – can I help you?" And so starts a conversation that may last a few minutes or an hour or so.

The only branch of Samaritans based in Cornwall is entirely run by approximately 110 volunteers, it is their vision is that fewer people die by suicide; they work to achieve this by making it their mission to alleviate emotional distress and reduce the incidence of suicidal feelings through the simple act of listening and providing a confidential opportunity to explore feelings and emotions.

Cornwall Samaritans, last year received over 50,000 contacts. By phone, email, texts and face to face. Sue Wright, the branch director said "We listen, support, we don't hurry a caller, neither do we tell them what they must do. All in a non-judgemental way, offering absolute confidentiality."

Volunteers are at the heart of Samaritans and are welcomed from all walks of life and of all ages. Full training is given and there is incredible support at the branch. Sue also mentioned that - "We not only welcome listening volunteers but also people to help support the branch by undertaking a wide range of other activities, such as administrative work, fundraising, IT, publicity or helping us look after our building. To touch another person's life when it really matters, by helping them directly, or by keeping our branches running, is a rare gift."

At a recent Information Evening held at the branch on Treyew Road in Truro, 19 people attended, many of whom will go on to attend a Selection day and then, after an informal interview with further discussions and references, they will be asked to enrol for the next training course - the start of a journey to becoming a fully-fledged Samaritan.

The Cornwall branch relies on volunteers from throughout the county, who fulfil 4 shifts a month, including an overnight duty; they carry out listening shifts and Outreach work, as well as attending various awareness events throughout Cornwall.

Outreach events are very important. Creating awareness of who Samaritans are and what they can do. A regular shift is staffed at the busy A&E dept. at Treliske Hospital, another shift is a monthly shift at a gardening project for vulnerable people, near Penzance. The branch has regular days at Truro Railway station, with co-operation from Network Rail and GWR. The branch also has a dedicated Talks Team who regularly visit different groups and organisations throughout the county.

Volunteer, Richard Sutton, said: "I have been a Samaritan for over twenty years and I am still learning so much about people and life, it's the most worthwhile thing I do, it makes me realise that my problems are not so great after all. Samaritans has changed my life and the way I look at others. I'm sometimes asked if volunteering has changed at all in those years? Callers problems and concerns certainly haven't changed, but we are much busier now and, interestingly, there is a marked increase in emails and text messages, particularly from younger callers."

If you would like to know more, please come along to one of our open Information sessions. These are held at our Centre at 19, Treyew Road, Truro TR1 2BY.

Leave a message on 01872 222 321 or email us  
[trurossamsrecruit@gmail.com](mailto:trurossamsrecruit@gmail.com)

Website [www.samaritans.org.cornwall](http://www.samaritans.org.cornwall) Twitter @cornwallsamari1

# Chef Lanyon's Cornish Meatballs (swedish style ... ish)

To feed four:

## FOR THE MEATBALLS

8oz lean minced beef  
6oz minced pork  
4oz dried cranberries  
3oz panko breadcrumbs  
1 small diced red onion  
Small handful of chopped parsley  
1 beaten egg

## FOR THE SAUCE

2 sliced red onions  
Rapeseed oil  
2oz sugar  
4oz butter  
4oz plain flour  
1 pint milk  
½ pint double cream  
1 bunch fresh Dill, chopped  
Handful chopped parsley  
Juice of a lemon  
Salt & Pepper



## METHOD

Soak the dried cranberries in hot water for about 20 minutes.

Then put all the meatball ingredients into a bowl and mix thoroughly together.

Form the mix into meatballs.

Heat some oil in a pan and seal the meatballs before putting in to a deep tray.

## Next make the sauce:

Fry the sliced onions in the oil with the sugar until caramelised. Remove from the pan.

Add the butter to the pan and melt. Then add the

flour and cook until you get a sandy texture (*Ed: I remember this from school ... a roux!*). Slowly add the milk, bringing to the boil before adding the rest of the milk. Whisk the mixture all the time to make sure it has no lumps. When all the milk is added, add the caramelised red onions, chopped dill, parsley, lemon juice and seasoning and simmer for about 30 minutes.

Pour this sauce over the meatballs. Then pour over the double cream, cover the dish with foil and bake in the oven for about an hour.

Serve with boiled new Cornish potatoes and pickled red cabbage.

**Ansom**

Chef Lanyon  
@ The Chapel  
Cafe,  
Port Isaac

## Kim's Hide the Veg Curry (low calorie and no wheat)

This is a recipe of many variations so put in or take out what you don't like. It can be a delicious vegetarian curry with butternut squash and sweet potatoes if you leave the chicken out ... or you can make with beef or lamb if they are your favourites ...

## Main sauce:

1 tbs veg oil  
6 largish carrots  
4 big onions  
1 Jar Pataks Tikka Masala Paste (I know its cheating but Pataks is consistent and doesn't rely on you having cupboards full of stale old spices). There are 587 calories in the whole jar but this recipe will do so many portions it's not so bad  
Vegetable stock  
1 tin light Coconut milk

## Extras

Chicken cut into bite size pieces  
Broccoli cut into bite size pieces  
Cauliflower cut into bite size pieces  
Raisins  
Cashew Nuts  
Green Beans cut into 3cm lengths  
Sweet Potatoes  
Butternut squash  
Celery  
Fennel

## Method

Roughly chop the carrots and onions and any other veg you want to use into big chunks and using a tablespoon of veg oil caramelise them in your big saucepan (heat over high heat until they actually brown).

Then add the jar of paste, stir well and heat, then add vegetable stock. This depends on how big your pan is and how many you are feeding but enough to cover the veg is good. Adding this to the pan will deglaze all the "burnt" bits into your sauce and add to the flavour - use a wooden spoon rub the bits off the bottom.

Add the coconut milk, stir and leave to simmer for 20 minutes.

Once your 20 minutes are up use your stick blender to blend all the contents of the pan to a thick sauce, This is the basis of the curry and already tastes great ... if you add a bit more stock is a lovely vegetarian soup.

## To enhance it:

Add the chicken pieces, again a matter of preference as to how much and how big your pan is. As they are raw you need to make sure you cook at a simmer for at least another half hour (it can carry on cooking for an hour if you want to). Then add all or any of the other ingredients about 15 minutes before you serve so that the vegetables still have some life in them and are not cooked to mush.



# Port Isaac Stay & Play

We meet every Tuesday  
morning in Port Isaac  
Village Hall from  
10am-12noon

Activities coming up:

**April 2nd – OUTING**

**April 9th**

Easter Cards & Bonnets

**April 16th – OUTING**

**April 23rd – Pebble painting**

If you want to know more  
contact either Lucy on 07784  
657921 or Cherry on 07900 527610

## PORT ISAAC SCHOOL NURSERY STAY & PLAY

Port Isaac School Nursery  
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## WEBSITES OF THE MONTH



The flowers are finally in full bloom and everything looks green. The trees are in bud and so Spring has properly arrived. I did think of doing this column on the flower farms in Cornwall and the Isles of Scilly as I saw a feature on the television featuring Ron Scamp's daffodil farm in Falmouth with the worlds largest collection of varieties <https://qualitydaffodils.com> . There is a nice blog about the history of flower growing in Cornwall here <https://tinyurl.com/Cornish-daffs> .

However, although that was a nice idea, and will perhaps do that another time, this month, given that it is Spring, I am concentrating on Spring Cleaning. There is something about this time of year that perhaps is an echo of coming out of hibernation. The days are getting longer and we maybe have a bit more energy. We also maybe become aware of the amount of stuff there is cluttering up the place. De-cluttering has become an enormous industry and the web has some good places for sampling this although has a long history – Mrs Beeton had much to say on the topic ( see picture) and you can download her books from here [www.gutenberg.org/](http://www.gutenberg.org/).

One of the stars is Marie Kondo, who brings her particular Japanese approach to how we view our stuff and it is an approach that some people hate and some people love. You can see her website here <https://konmari.com> and there are also lots of Youtube videos and also an app. She says that we need to connect with the meaning of the things that surround us, our home and the possessions we have. When she visits someone's home to help them she begins by thanking the home. Appreciation is a key aspect of her style. If you read her book, she didn't quite start off like that. She used to tidy up her parents possessions, throwing out ones they didn't use, until she got found out and was banned from the relevant rooms and cupboards! The touchstone for whether to keep something or not is whether, when you hold it, it 'sparks joy'. Even if you don't go the full works, she has good ideas about how to keep your drawers tidy.

There is also some good research about how decluttering can help you feel better and the British Psychological Society has a research digest (that I recommend anyway as it has some excellent stuff and is free) on this topic <https://tinyurl.com/BPS-declutter> . There are a couple of links worth exploring here, one to an article by Christian Jarrat, who oversees the research digest entitled "The psychology of stuff and things" which explains what we know about how we develop the attachments we do to the possessions we have, and how important they are. Another link is to a group called The Institute for Challenging Disorganization [www.challengingdisorganization.org](http://www.challengingdisorganization.org) that aims to develop evidence-based approaches to people who have difficulties being organised. Their website has some interesting links and publications on this topic if you want to get into it. The British Psychological Society (again) have produced some guidelines on hoarding <https://tinyurl.com/BPS-hoarding> (registration needed but free to download) that explain how this can become a really difficult problem and some ideas on how best to help.

If and when you do decide to get stuck in and Spring Clean, you may have a lot of stuff to clear out that would be a shame to just send to landfill. The old mantra, reduce, reuse, recycle comes in handy here. If there are things that can be reused that would be the approach. The Re Source [www.myresource.org.uk/donate.html](http://www.myresource.org.uk/donate.html) in Bodmin is good for furniture, and the Freecycle organisation is great for other things, <https://>





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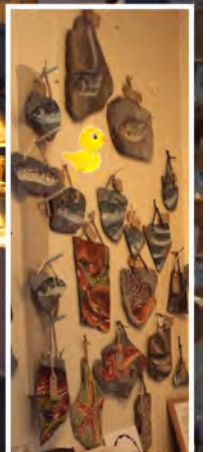
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**Repeat Prescriptions** - 01208 880242

**NHS 24-hour Helpline** - 111

**Royal Cornwall Hospital (Truro)** - 01872 250000

**East Cornwall Hospital (Bodmin)** - 01208 251555

**Derriford Hospital (Plymouth)** - 08451 558155

**Local Dental Helpline** - 01872 354375

**Police (non-emergency)** - 101

**PC Amy Honeywill, Neighbourhood Beat Manager** - 07889 704150 (only when on duty), email: amy.honeywill@devonandcornwall.pnn.police.co.uk

**Civil Enforcement Parking Team** - 0300 1234222

**Rev Judith Pollinger** - 01208 880181

**St Peter's Church** - Marion Larkin - 01208 880492

**Harbour Master - Byron Buse** - 01208 880321

**RNLI Operations Manager** - Chris Bolton - 01208 880256

**RNLI Chairman** - Bob Bulgin - 01208 880765

**Electricity** - 0800 365900

**Water helpline** - 0800 1691144

**Parish Council:** stendellionpc@gmail.com

**Cornwall Council** - 0300 1234 100

**Bowthick Tip** - 01840 770778

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# WHAT'S ON

**Saturday May 25th**

Trelights Village Green Spring Fair at Mill House (opposite the Chapel)

**Sunday May 26th**

Chris Treglown Fund Award Audition Concert at St Endellion Church

**Friday May 31st**

Fisherman's Friends on the Platt - 7.30pmish

**Sunday June 9th**

Port Isaac RNLI Lifeboat Summer Service

**Wednesday June 12th**

Jim Carey - Riots & Lobsters, created for Kneehigh at St Endellion Church

**Thursday June 13th**

20th Century Cornish Landscape Artists - talk in Port Isaac Village Hall - 7pm

**Friday June 14th**

Fisherman's Friends on the Platt - 7.30pmish

**Friday June 21st**

Bristol Madrigals at St Endellion Church

**Sunday June 23rd**

Christmas Lights Grand Auction at The Slipway - 3pm

**Thursday June 27th**

Summer Community Lunch in the Village Hall - 12.30pm

**Tuesday July 9th**

Art Trip to Trelissick Gardens

**Wednesday July 10th**

Dante Quartet at St Endellion Church

**Friday July 12th**

Fisherman's Friends on the Platt - 7.30pmish

**Friday July 26th**

Fisherman's Friends on the Platt - 7.30pmish

**July 30th-August 9th**

St Endellion Summer Festival

**Thursday August 8th**

St Breward Silver Band on the Platt - 7.30pm

**Friday August 9th**

Fisherman's Friends on the Platt - 7.30pmish

**Thursday August 15th**

St Breward Silver Band on the Platt - 7.30pm

**Sunday August 18th**

Port Isaac RNLI Lifeboat Larks

**Thursday August 22nd**

St Breward Silver Band on the Platt - 7.30pm

**Thursday August 29th**

St Breward Silver Band on the Platt - 7.30pm

**Saturday August 31st 2019**

**PORT ISAAC CARNIVAL**

**September 6th-8th**

**PORT ISAAC SHANTY FESTIVAL**

**Friday September 13th**

The Endellion Ensemble at St Endellion Church

**Saturday October 12th**

Fish PI(E) Competition followed by the Autumn Community Lunch in the Hall

**December 14th - December 30th**

The Village Hall Christmas Festival

**Saturday December 14th**

Santa's visit to the Grotto in Port Isaac Village Hall

**Monday December 16th**

Christmas Community Lunch in Santa's Grotto in the Village Hall 12.30pm

## REGULAR EVENTS

**Port Isaac Stay & Playgroup** - every

Tuesday from 10am to 12noon in the Village Hall. Contact Lucy on 07784 657921 or Cherry on 07900 527610

**Yoga** - Mondays, during term time, in the Village Hall from 10.30am-12noon.

Contact Tracey on 01208 880215

**Port Isaac Chorale** - Every Tuesday

from 7.30pm-9.30pm in Port Isaac Village Hall. Contact Janet Townsend on 01208 880505

**Golden Circle** - the second Thursday in the month from October to April from 2pm- 4.30pm in Port Isaac Village Hall. Contact Annie Philp on 01208 880262

**Mobile Post Office** - in the Main Car Park - every Wednesday 12.30pm-1.30pm

## Church Services

**St Peter's Church, Port Isaac**

First & Third Sundays in the month - Morning Worship at 9.30am and Second, Fourth & Fifth Sundays in the month - Holy Communion at 9.30am Every Monday at 9am - Morning Prayer

**Trelights Methodist Church**

Sunday Service at 6pm

## TRIO COPY DATES 2019

MONTH	COPY DATE
May	April 24th
June	May 25th
July	June 24th
August	July 25th
September	August 24th

**Wednesday April 3rd**

The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

Port Isaac School Easter Bingo at the Poldark Inn, Delabole - 7.30pm

**Thursday April 4th**

Port Isaac RNLI AGM in the Village Hall -7.30pm

**Tuesday April 9th**

Roadside household recycling collection - bags out by 7am

Port Isaac Village Hall AGM - in the Hall at 5.30pm

**Wednesday April 10th**

The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

**Wednesday April 3rd**

The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

**April 13th -21st**

St Endellion Easter Music Festival

**Tuesday April 16th**

Roadside household recycling collection - bags out by 7am

Art Talk & Trip to Newlyn Penlee House & Museum - leaves Co-op at 10am

**Wednesday April 17th**

The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

**April 13th-21st**

St Endellion Easter Festival

**Sunday April 21st**

Carnival Treasure Hunt & Duck Race - starts down on the beach at 12noon

**Easter Tuesday April 23rd**

Port Isaac Village Hall Easter Cash Prize Bingo - eyes down 7.30pm

**Wednesday April 24th**

The Wednesday Morning Pop-up Cafe in the Village Hall - 10am-12noon

**Saturday April 27th**

Reflective Day with Dr Rowan Williams - Poetry in the Making at St Endellion

**Friday May 10th**

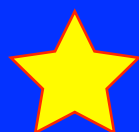
Albarosa Choir - unaccompanied choral gems from Scandanavia in St Endellion Church

**Monday May 13th**

John Greening & Penelope Shuttle poetry reading at St Endellion Church

**Friday May 24th**

Thomas Bowes - Bach Pilgrimage, magical unaccompanied violin - at St Endellion Church



Port Isaac Village Hall



Community Cafe

every Wednesday 10am-12noon



everybody welcome